



News FROM THE FIELDS of
 Driftless Organics!
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ONE POTATO TWO

Week 19! I always seem to feel a wee bit morose this time of year and I think I've finally figured out why. It's because it's the end of the regular CSA season! I guess I'm just going to really miss you guys. I mean, we're sort of like a big 'ol vegetable-loving family and so much of my time is spent thinking about and working towards what veggies you are

going to eat week after week. I'm going to miss that! In any event, THANK YOU all for your support through another wonderful season. We hope you've enjoyed it! Keep on the lookout for the year-end survey we send out via e-mail. For your Every Other Weekers - don't forget about our veggie storage boxes... Otherwise we hope to see you next season!

THIS WEEK'S BOX

Beauty Heart Radishes
 Bok Choi
 Cauliflower
 Garlic
 Green Cabbage
 Green Kale
 Mixed Bag of Tomatoes
 Mixed Sweet Peppers
 Parsnips
 Red Beets
 Red Kuri Squash
 Spinach
 Sweet Potatoes
 Yellow Onions

The CSA season is over? Say it ain't so!

Yep - we're afraid so. For all of you Every-Other-Week share holders, this is your **last** box. For all of you Every Week share holders, you only have one box left. I've got some good news though: there's more chances to get in on some more wonderful Driftless Organics goodies. **Check it out:**

We have **TWO** larger storage boxes available. These boxes are about 45 pounds of storage vegetable goodness including potatoes, carrots, onions, winter squash, sweet potatoes, parsnips and more. These boxes are **HUGE!**

November Box: Delivered November 21st

December Box: Delivered December 19th

Don't forget, we've got our delicious sunflower oil available (in case you want to stock up before the season ends). Also, we still have some grass fed beef left as well! All of these items can be ordered online at:

www.csaweb.driftlessorganics.com

Did you know that Marnie McMullin is this year's harvest coordinator? Yep - she joined the D.O. team back in March and quickly became one of those employees that makes us wonder how the heck we managed without her. Marnie's basically in charge of the harvest of about 90% of the vegetables in your box each week. She keeps the crew on task, prepares the necessary equipment for each harvest, and she keeps all of the numbers and fields and parts of fields and this that and the other all straight. She's also in charge of quality control, bunch size, post harvest handling, etc., etc., etc. I'm getting tired just listing everything she does. I honestly don't know how she accomplishes it all - but she does and she's totally awesome at it! Her amazingly positive attitude is so contagious that you can just see it spread through the entire crew. Because of her, I've really come to the conclusion that so much of work (and life) is about having a good attitude. Thanks Marnie, for a job well done all season long!



8 WAYS TO ENJOY BOK CHOI

- 1. Add to Salads:** Add cut bok choy to your favorite salad for a new layer of flavor. It has a sweet flavor and is a good addition to spinach or mixed green salads.
- 2. Sick of Celery?:** Fill raw bok choy stalks with anything you would use to fill celery sticks. Try peanut butter, cream cheese, or guacamole.
- 3. Sandwiches:** Use raw bok choy leaves on sandwiches with hummus and peppers.
- 4. Add to Your Appetizers:** Add raw stalks of bok choy to your favorite vegetable tray!
- 5. A Leftover Makeover:** Add chopped bok choy and onion to any leftover meat and pre-cooked veggie or rice mixture then toss in a skillet over medium-high heat. Scramble one egg for each person, and pour over the veggie-meat mixture. Stir it all up and serve.
- 6. Grill It:** Cut bok choy in half, drizzle with Driftless Sunflower Oil (or olive oil) and toss it on the grill. Add just a sprinkle of salt, turn once and enjoy. Watch Bok Choy Video
- 7. Turbo-Charge Your Soups:** Bok choy is great for adding last-minute nutrition to homemade or canned soups. Just chop up and add towards the end of your soup prep.
- 8. Stir Fry:** The old standby - make an Asian-inspired stir-fry using chicken, cabbage, peppers, onion and bok choy. Clean the stalks, then give them a rough chop before adding to the wok.

Beauty Heart Radishes - a lovely winter storage radish. These get milder with storage & keep for a very long time in plastic in the fridge, so they're pretty low priority as far as use-up-quickness. When you do eat them, they're terrific raw grated or sliced on salads or veggie trays with dip. They're also nice cooked in stir-fries, roasts, or Asian style soups (perhaps with your bok choy??).

Bok Choy - Typically stir-fried, bok choy is also nice chopped up fine in Asian-style slaws or soups. Store in plastic in the fridge & use up within a week.

Cauliflower or Romanesco - A late planting that has finally come in. If you don't know what romanesco is, it's that crazy green thing that tastes like, and cooks like, cauliflower.

Green Kale - stir-fry, sauté, simmer in sauces or soups, roast, or add raw or blanched to salads or slaws. Check out our website for a kale chip recipe.

Mixed Bag of Tomatoes - Enjoy them while they last! Try a simple fresh tomato soup for one of these cool nights - sauté onions & garlic in oil, then add a whole bunch of chopped tomatoes & fresh herbs if you've got them (thyme, basil, & rosemary are all nice), & a bit of red or white wine, salt & pepper & simmer until softened. Puree & add cream or crème fraiche, adjust seasonings, & serve with grilled cheese or a salad. Store on the counter. Interested to know what varieties you have? Check out our website at: www.driftlessorganics.com/tomatoes

Mixed sweet peppers: What a bounty! Add them to the tomato soup described above while sautéing onions, stir fry, eat in salads or with dip, put on nachos or in fajitas or eggs, or chop them up & freeze raw

in freezer bags for winter use! Keep on the counter for a couple days or in the fridge for longer.

Parsnips - look for the white roots in your box that look like carrots. There will be about a pound of them. We love them roasted best, especially when you try them in the Maple & Porter Roasted Vegetables recipe to the right...

Red Beets - tasty roasted with other vegetables, if you don't mind dying them all red, or solo with garlic & oil & a splash of balsamic vinegar.

Red kuri Winter Squash - a wonderfully deep red squash with a nice smooth dry texture & rich nutty flavor. A great one to simply cut in half, roast upside down on a cookie sheet until soft (about 30-40 mins) & eat with butter, salt & pepper.

Sage - a delightful earthy herb that pairs well with potatoes, sweet potatoes, squash, tomatoes & peppers (basically anything fall-ish). Keep in plastic in the fridge. Really pretty as a garnish to 'chiffonade' - a cutting technique wherein you make a stack of leaves, roll them up tight like a cigar, then slice very thinly into ribbons.

Spinach - Now that there's been a frost, this spinach has really sweetened up. Try a salad with blue cheese and raisins.

Sungold Tomatoes - the last of the season? We like to make a golden bloody mary mix with these...

Sweet Potatoes - store on the counter, never the fridge. Roast them solo in wedges or with other veggies, or roast/grill whole long skinny ones until soft & dip in a Korean dipping sauce of soy sauce, sake, sugar, green onions, garlic, ginger, & toasted sesame seeds.

Tomato Pepper Sage Soup

3 Tbsp. Driftless Sunflower Oil
 1 medium onion, coarsely chopped
 1 Tbsp. fennel seed, crushed (optional)
 3 medium sweet red or orange peppers, coarsely chopped
 3-4 cloves garlic, minced
 6-8 medium tomatoes, paste type or other red, coarsely chopped
 ¼ cup red wine
 ½ cup coarsely chopped basil
 ¼ c. cream, half & half, crème fraiche, or condensed milk (optional)
 Salt & pepper to taste

Heat oil in a heavy bottomed stock pot & saute onion until translucent. Add fennel seed & peppers & sauté another few minutes. Add garlic & sauté until fragrant. Add tomatoes & their juice & wine, bring to a boil, reduce heat, cover & simmer for about 15-20 minutes, until vegetables are soft. Add basil, cook another minute & puree. Add cream, salt & pepper, return to simmer & serve (add a bit of water if it's too thick).

Maple & Porter Roasted Vegetables

8 c. mixed root vegetables, cut in 1" pieces (parsnips, sweet potatoes, beets, turnips, carrots, etc.)
 3 Tbsp. olive or Driftless sunflower oil
 Salt & pepper to taste
 ¼ c. Porter or Stout beer
 3 Tbsp. maple syrup
 1 tsp. grainy mustard
 3 cloves garlic, minced

Preheat oven to 400 degrees. Whisk together oil, salt & pepper, beer, maple syrup, & mustard in a large bowl & toss in vegetables. Pour onto a large rimmed baking sheet & roast for about 25 minutes (uncovered), stirring a couple of times, until vegetables are softened but not browned. Add garlic & continue to roast for another 10-15 minutes, until vegetables are caramelized on outside & tender on inside (check a couple times to make sure they don't burn; depending on your oven you may have to pour over a bit more beer if all the liquid evaporates). Serve hot.